

AMERICA'S CREED

Worth Committing to Memory and Repeating in Unison
at All Gatherings

Do you know "America's Creed?"

The quotation marks are used because it has never been officially promulgated; but it was prepared in Washington for the Americanization program of last Flag day—June 14th—and is therefore at least semi-official.

It is worth learning by heart, and worth saying in unison at all sorts of gatherings. And here it is:

"I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed, a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable, established upon these principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes.

"I therefore believe it is my duty to my country to love it; to support its Constitution; obey its laws; to respect its flag, and to defend it against all enemies.

"Believing in the above creed,

"I pledge allegiance to the Stars and Stripes and to the republic for which they stand. One language, one country and one flag, and

"In the presence of Almighty God I sincerely pledge myself to aid my government with all the power I possess in the great world struggle now in progress for the democracy of the world—for the independence of the small nations as well as the larger ones, and

"I further pledge my life and all my worldly goods to aid the president of our nation in directing the American forces with our allies in their grim and determined fight for freedom, patriotism and humanity."

FOR THE POULTRY GROWER

Corn, when it is just ripening and passing through the dough stage into the more hardened condition, it fed to chickens causes a loose condition of the bowels, and if no other food is given, the birds are forced to eat this kind of feed and digestive troubles will follow.

The flock in its ranging about the farm at this time of year may, unbeknown to you, get some of this corn, and may show the symptoms at present. The first indications should be a warning, and the birds, if necessary, should be confined. If a good ration is fed, however, twice per day—that is, morning and night, and in sufficient quantities, the birds will not eat enough to do them any harm. Either one of the above methods will help to keep the flock out of trouble of this kind. The easiest way is to give them sufficient hard grain morning and night to satisfy their appetites.

Bumper Crop of Babies in United States During 1917 According to Statistics

Infant mortality statistics compiled by the New York milk committee reveal the fact that there was a bumper baby crop throughout the United States in 1917. Based on its conclusions on the figures gleaned from 163 of the largest cities in the country, the committee estimates that the number of births throughout the nation totaled 2,678,000 and the number of deaths 1,648,000, leaving a national increase in population of over 1,000,000.

Among the cities of the honor class Omaha claims first place with a death rate of only 59.2, and Seattle comes second with a rate of 59.4. Nashville, Tenn., had the highest rate, 182.2. Chicago's rate was 100.4.

The five honor roll cities boasting death rates under 50 per 1,000 are Berkeley, Cal., with a population of 40,434, 43.4; Everett, Mass., with a population of 33,484, 45.3; Brookline, Mass., with a population of 37,702, 41.2; Alameda, Cal., with a population of 23,383, 40.7; and La Crosse, Wis., with a population of 30,417, 42.2.

Became a Father at Age of 102. When Eldest Son Had Already Lived 73 Years.

A father at eighty-four—such is the recent record of Mr. Jackson, a north country farmer, says London Tit-Bits.

Men more patriarchal still have figured in the ranks of fathers. Such a robust veteran was Sir William Nicholson of Glenberry, a grand old Scotsman who lived to nurse an infant daughter after he had passed his ninety-second birthday. Sir William then had a daughter alive of his first marriage, aged sixty-six. He married his last wife when he was eighty-two, and had six children.

Sir Stephen Fox's last child was cradled when the father was within a few months of completing his hundredth year! Sir Stephen was born in 1827, and had by his first wife a daughter who died in infancy in 1855. The child of his old age survived to the year

Mother's Cook Book

A sweet temper is to the household what sunshine is to trees and flowers.

The homes of a nation are its strongest forts.

Good Things Mother May Make.

Turnips make a very good dish, treated as one does potatoes for an escaloped dish. Garnish the dish with fresh parsley and serve from the baking dish.

Chili Con Carne.

Cut two pounds of round steak into small square pieces. Melt two tablespoonfuls of butter substitute in a saucepan and when hot brown the steak, then add one cupful of water and four tablespoonfuls of rice. Cover and cook until tender. Now add three canned red peppers cut in slices, one cupful of cooked beans, two parboiled and sliced onions, one tablespoonful of corn flour, four cloves, a clove of garlic chopped, a teaspoonful of salt; cook all together until well blended and the gravy is of the right consistency. Serve garnished with parsley.

A spoonful or two of grated cheese added to the creamed toast will make of it quite another dish and one which all may eat except the two-year-olds and younger.

Plum Pudding Jelly.

Cover half a box of gelatin with one-half cupful of cold water and let stand for an hour. Mix one cupful of raisins, one-fourth cupful of sliced citron, and one-fourth cupful of currants; add a tablespoonful of orange or grape juice. Seal a pint of milk and a cupful of strained honey and an ounce of melted chocolate. Mix all the ingredients and when it is slightly firm, add the fruit so it will not sink to the bottom. Turn into a mold and when ready to serve, garnish with whipped and sweetened cream.

Fig Pudding.

Wash, pick over and chop one pound of figs. Beat three eggs very light, put a cupful of suet through the meat chopper, add two cupfuls of bread crumbs, three-quarters of a cupful of milk and a cupful of strained honey. Mix all together and turn into a well-greased mold. Steam three hours. Serve hot with an egg sauce or with hard sauce.

Desserts.

Ices, sherbets and ice creams are all easily digested and most wholesome for all members of the family. When nuts and fruits are used in creams they should be put through the meat chopper. The flavor is better and the cream smoother.

Leftovers of cake, creams, jelly and fresh as well as preserved fruits may be used for desserts. Stale sponge cake with a bit of fruit juice, a spoonful of nuts and whipped cream, makes a most palatable and satisfying dessert.

They crutch and steal forward, ready for the spring; with the body quivering and tail vibrating with emotion, they bound on the moving leaf and again spring forward to another.

More Than 55,000 Soldiers Totally Blinded in France As Result of World War.

France has more than 55,000 men who have been made totally blind in battle. To care for these unfortunates is one of the most serious problems in that country.

Since the war began Eugene Brieux, the French writer, has devoted nearly all his time and energies to caring for the blind soldiers sent back from the trenches, and the following appeal in their behalf is from his little paper, Le Journal des Blessés aux Yeux:

"Within a year, if we do not receive sufficient aid, we shall have to cease all our distributions of help. It is serious. We have sent monthly to 371 families of the blind assistance amounting to from 20 to 40 francs.

"We have paid the cost of civilian clothes for some of them, enabled a particularly afflicted victim (both blind and armless) to enjoy a winter season on the milder shores of the Mediterranean sea. And now I shall have to cut out many a stricken family from our lists if more assistance in funds be not forthcoming. And this at a time when the cost of living has exceeded all reasonable limits."

Cultivation of Music.

According to historical researches, music was first cultivated in Egypt, but no vestige of primitive Egyptian music now exists. All our present-day formation comes from pictorial and sculptural representations of instruments and players and a few instruments exhumed in cities buried under the sand of centuries.

THE KITCHEN CABINET

Despise not thou small things. The soul that longs for wings To soar to some great height of sacrifice too oft Forgets the daily round Where daily cares abound. And shakes off little duties, while she looks aloft.

BANANA AS FOOD.

ANANAS are a most wholesome, nourishing food. Being deficient in flavor itself, the banana absorbs flavors readily and presents a good medium by which such flavors may be brought into notice, thus affording a great variety of combinations. Because of the lack of acid in its composition it should be a popular breakfast fruit. The cooked banana, even slightly cooked, is more easily digested than the raw fruit. Simply covering the ripe, thinly sliced fruit with hot cereal will cook it sufficiently.

Banana Croquettes With Lamb Chops.—Remove the peeling and coarse threads from five firm bananas; cut the fruit in halves crosswise, trim off the ends to make the halves symmetrical at the ends; roll in egg which has been beaten with a tablespoonful of water, then roll in sifted crumbs and fry in deep fat until brown. Drain on soft paper. Two minutes will be long enough for cooking. Serve with broiled lamb chops.

Orange Sirup.—Boil a cupful of the juice and pulp of orange, the juice of half a lemon, one cupful of sugar and one-quarter of a cupful of water six minutes or until slightly thickened.

Baked Bananas.—Pull down a section of the skin of each banana, loosen the pulp, remove the coarse threads and return the pulp to the skin, lay the fruit thus prepared in a saucepan and bake in a hot oven until the skins are blackened. Remove the pulp from the skins, bend in a half circle and place on a serving dish. Sprinkle with powdered sugar and chopped nuts as a dessert; or pour over a jelly sauce. Melt half a cupful of currant jelly, add a half-cupful of sugar and cook five minutes, then stir in a teaspoonful of cornstarch, made smooth with a little water; cook five minutes and add a tablespoonful of butter and a teaspoonful of lemon juice.

Fruit Cocktails.—To six tablespoonfuls of fruit juice add two tablespoonfuls of honey, the pulp of two oranges, three sliced bananas, and four ripe peaches, diced. Divide into cocktail glasses and serve. This may be used also as a dessert.

Sure they of many blessings should scatter blessings round, As laden boughs in autumn fling their ripe fruit to the ground.

"TIS PICKLIN' TIME."

GREAT is the variety of relishes that she is indeed hard to suit who cannot find some which her family can enjoy.

Sliced Cucumber and Onion Pickle.—Take three dozen large cucumbers, peel and slice thin and cover with a sprinkling of salt overnight. Peel and slice one dozen small onions and treat in the same way, but do not mix them. The next day drain and squeeze dry. Scald the vegetables in a pint each of water and vinegar, then drain dry again. Now take a quart of vinegar, one cup of sugar, one ounce of celery seed, three teaspoonfuls of mustard seed, two teaspoonfuls of white pepper; when boiling hot put in the vegetables. Just let them scald, but do not cook, then seal in jars while hot.

Chutney.—Chop one dozen apples, two green peppers, one onion and one cup of raisins; add two cups of vinegar, one cup of sugar, the juice of one lemon and a half tablespoonful each of ginger and salt. Cook all together two hours.

Marion Harland's Relish.—Cut the corn from twelve cobs; break into flowerets one head of cauliflower, cut into half-inch lengths one bunch of celery, seed and chop fine two green peppers, add three tablespoonfuls of salt, one and one-half pounds of brown sugar and three pints of vinegar. Add the sugar to the vinegar and when scalding hot pour over the vegetables. Now cover closely and cook ten minutes. Add a tablespoonful of mustard and seal in jar. Wrap in papers to keep the mixture a good color.

Tomato Conserve.—Cook until thick five pounds of ripe tomatoes, three lemons, juice, pulp and rind; two pounds of sugar, one cup of shredded citron; when thick add one and one-half cups of seeded raisins and one cupful of walnut meats.

They crutch and steal forward, ready for the spring; with the body quivering and tail vibrating with emotion, they bound on the moving leaf and again spring forward to another.

Lemon Juice For Freckles

Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quart of the best freckle, sunburn and tan lotion, and complexion whiterer, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how freckles, sunburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

Colored Scavengers in Paris.

Paris streets have recently gained in picturesque quality by the employment of colored scavengers, says a writer in London Daily Chronicle. Ebony-hued Senegalese and copper-colored Arabs from Algeria and Morocco, whose terra cotta features contrast so deliciously with the pale blue soldiers' uniform, clean, or affect to clean, metropolitan thoroughfares. In the boulevard there is a giant negro, with the lordly gait of an African prince, who trails his broom behind him as majestically as if it were a peacock feather fan.

A New Way to Shave

Tender skins twice a day without irritation by using Cuticura Soap the "Cuticura Way." No stinging, no waste of time or money. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Meant "Two Down," of Course.

An English newspaper man, reporting that famous baseball game before royalty, wrote that in the sixth inning the score against the army was "two-love."—Boston Transcript.

Over 70,000 alumni of American colleges are now in war service, mostly in the army or navy.

IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oskaloosa, Iowa.—"For years I was simply in misery from a weakness and awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."

—Mrs. LIZZIE COURTNEY, 103 8th Ave., West, Oskaloosa, Iowa.

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published? Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

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